APPENDIX - V.

Department of Psychology (P. U. Chandigarh)

THE ADJUSTMENT INVENTORY

ADULT FORM

Name........................ Sex........................................ Occupation............... 

Married or single........... Education......................... Date........................

DIRECTIONS

Are you interested in knowing more about your own personality? If you will answer honestly and thoughtfully all of questions on pages that follow, it will be possible for you to obtain a better understanding of yourself. These questions have been carefully selected, and then given to a large number of persons. By comparing your answers with the answers of the group you will secure a more accurate notion of your own characteristics. The value of this to you will be in proportion to the care and honesty with which you answer each question.

Your answer to the questions will be treated in the strictest confidence. Therefore, feel free to give candid replies. There are no right or wrong answers. Indicate your answer to each question by drawing a circle around the 'YES', the 'NO' or the '?' Use the question mark only when you are certain that you cannot answer 'YES' or 'NO'. There is no time limit; but work rapidly.

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1. YES NO? Does the place in which you live now in any way interfere with your obtaining the social life which you would like to enjoy?
2. YES NO? Do you have ups and downs in mood without apparent cause?
3. YES NO? Are you troubled occasionally by a skin disease, or skin eruption such as athlete's foot, carbuncles, or boils?
4. YES NO? Do you feel self-conscious when you have to ask employer for work?
5. YES NO? Do you sometimes get badly nervous and "afraid" in your present job?
6. YES NO? Have you had any trouble with your heart or your kidneys or your lungs?
7. YES NO? Do you feel that your present home environment allow you enough opportunities to develop your own personalities?
8. YES NO? Do you like to participate in festivals, gatherings and lively parties?
9. YES NO? Do you think you made the wrong selection of your occupation?
10. YES NO? Have you ever been extremely afraid of something which you knew could do you no harm?
11. YES NO? Is any member of your present home very nervous?
12. YES NO? Does your present work allow you time off each year for some vacation?
13. YES NO? Have you ever been anaemic (Lacking in red blood corpuscle)?
14. YES NO? Do you worry too long over humiliating experiences?
15. YES NO? Do you find it difficult to start a conversation with a stranger?
16. YES NO? Did you disagree with your parents about the type of occupation you should enter?
17. YES NO? Does it upset you considerably to have someone ask you to speak when you have had no time to prepare your talk?
18. YES NO? Does some particular useless thought keep coming into your mind to bother you?
19. YES NO? Do you easily catch the infection of cough or cold from other people?
20. YES NO? Do you think you must 'play politics' to get promotion or an increase in pay in your present job?
21. YES NO? Do you keep in the background on social occasions?
22. YES NO? Have you had unpleasant disagreements over such matters as religion, politics, or sex with the person or persons with whom you live?
23. YES NO ? Do you get upset easily ?
24. YES NO ? Do you find it necessary to watch your health carefully ?
25. YES NO ? Has there ever been a divorce among any members of your immediate family ?
26. YES NO ? Has your employer always treated you fairly ?
27. YES NO ? Do you frequently come to your meals without really being hungry ?
28. YES NO ? Are you often in a state of excitement ?
29. YES NO ? Do you feel embarrassed if you have to ask permission to leave a group of people ?
30. YES NO ? Do you think that you have to work too long hours on your present job ?
31. YES NO ? Have any of the members of your present home made you unhappy by criticizing your personal appearance ?
32. YES NO ? Do you find that you tend to have a few close friends rather than many casual acquaintances ?
33. YES NO ? Have you had an illness from which you feel that you have not completely recovered ?
34. YES NO ? Does criticism disturb you greatly ?
35. YES NO ? Are you happy and contented in your present home environment ?
36. YES NO ? Would you like to secure some other job than the one you now hold ?
37. YES NO ? Are you often the centre of favourable attention of a party ?
38. YES NO ? Do you frequently have shooting pains in the head ?
39. YES NO ? Are you troubled with the idea that people are watching you on the street ?
40. YES NO ? Do you feel a lack of affection and love in your present home ?
41. YES NO ? Do you have considerable difficulty in knowing just where you stand with your present employer ?
42. YES NO ? Do you suffer from nasal affection or an obstruction in your breathing ?
43. YES NO ? Are you bothered by the feeling that people are reading your thoughts ?
44. YES NO ? Do you make friends readily ?
45. YES NO ? Do you feel that your present employer boss holds a personal dislike or grudge towards you ?
46. YES NO ? Do the person or persons with whom you now live understand you and sympathize with you ?
47. YES NO ? Do you daydream frequently ?
48. YES NO ? Has any illness you have had resulted in permanent injury to your health ?
49. YES NO ? Do you hesitate to enter a room by yourself when a group of people are sitting around talking together ?
50. YES NO ? Do you feel that your friends have happier home environment than your own ?
51. YES NO ? Do you often hesitate to speak up in a group lest you say and do the wrong thing ?
52. YES NO ? Do you have difficulty in getting rid of a cold ?
53. YES NO ? Do ideas often run through your head so that you cannot sleep ?
54. YES NO ? Does any person with whom you live now become angry at you very easily ?
55. YES NO ? Are you getting enough pay on your present job to support those who are dependent upon you ?
56. YES NO ? Are you troubled with too high or too low blood pressure ?
57. YES NO ? Do you worry over possible misfortunes ?
58. YES NO ? If you come late to a meeting would you rather stand or leave than take a front seat ?
59. YES NO ? Is your present boss or employer an individual whom you feel you can always trust ?
60. YES NO ? Are you subject to any fever or asthma ?
61. YES NO ? Are the members of your present home congenial and well suited to each other ?
62. YES NO ? At a reception or a tea do you seek to meet the important person present ?
63. YES NO ? Do you feel that your employer is paying you a fair salary ?
65. YES NO ? Are your feelings easily hurt?
66. YES NO ? Are you troubled much with constipation?
67. YES NO ? Do you dislike intensely certain people with whom you live now?
68. YES NO ? Are you sometimes the leader at a social affair?
69. YES NO ? Do you like all the people with whom you work on your present job?
70. YES NO ? Are you bothered by the feeling that things are not real?
71. YES NO ? Do you occasionally have conflicting moods of love and hate for members of your immediate family?
72. YES NO ? Do you feel very self confident in the presence of people whom you greatly admire but with whom you are not well acquainted?
73. YES NO ? Do you frequently experience nausea of vomiting or diarrhea?
74. YES NO ? Do you blush easily?
75. YES NO ? Have the actions of any person with whom you now live frequently caused you to feel depressed?
76. YES NO ? Have you frequently changed jobs during the last five years?
77. YES NO ? Do you ever cross the street to avoid meeting somebody?
78. YES NO ? Are you ever subject to tonsilitis or other throat ailments?
79. YES NO ? Do you often feel self-conscious because of your personal appearance?
80. YES NO ? Does your present job fatigue you greatly?
81. YES NO ? Is the home where you live now often in a state of turmoil and dissensions?
82. YES NO ? Do you consider yourself rather a nervous person?
83. YES NO ? Will you enjoy taking part in folk dance?
84. YES NO ? Are you subject to attacks of indigestion?
85. YES NO ? Did either of your parents frequently find fault with your conduct when you lived with them?
86. YES NO ? Do you feel that you have adequate opportunities to express your own ideas in your present job?
87. YES NO ? Do you find it very difficult to speak in public?
88. YES NO ? Do you feel tired most of the time?
89. YES NO ? Is the pay in your present work so low that you worry lest you be unable to meet your financial obligations?
90. YES NO ? Are you troubled with feelings of inferiority?
91. YES NO ? Do the personal habits of some of the people with whom you live irritate you?
92. YES NO ? Do you often feel just miserable?
93. YES NO ? Have it been necessary for you to have frequent medical attention?
94. YES NO ? Have you had a number of experiences in appearing before public gatherings?
95. YES NO ? Have you been able to get the promotions you desire in your present job?
96. YES NO ? Does any member of your present home try to dominate you?
97. YES NO ? Do you often feel fatigued when you get up in the morning?
98. YES NO ? Do any of the people with whom you work have personal habits and characteristics which irritate you?
99. YES NO ? When you are a guest at an important dinner, do you do without something rather than ask to have it passed to you?
100. YES NO ? Does it frighten you to be alone in the dark?
101. YES NO ? Did your parents tend to supervise you too closely when you lived with them?
102. YES NO ? Are you considerably under-weight?
103. YES NO ? Does your present job force you to hurry a great deal?
104. YES NO ? Have you ever, when you were on a high place such as at the top of a high tower or a rock, been afraid that you might jump off?
105. YES NO ? Do you have difficulty in starting conversation with a person to whom you have just been introduced?
106. YES NO ? Do you have difficulty in starting conversation with a person to whom you have just been introduced?
107. YES NO ? Do you frequently have short attacks of giddiness?
109. YS NO
Does your present employer or boss take all the credit for a piece of work which you have done yourself?

110. YS NO
Are you often sorry for the things you do?

111. YS NO
Do you have frequent disagreements with the individual or individuals where you live now concerning the ways things are to be done about the house?

112. YS NO
Do you get discouraged easily?

113. YS NO
Have you had considerable illness during the last ten years?

114. YS NO
Have you had experience in making plans for and directing the actions of other people such as committee chairman, leader of a group etc.?

115. YS NO
Do you feel that you are just a ordinary man in an inhuman machine in your present job?

116. YS NO
Does any person in the place you now live frequently object to the companions and friends with whom you like to associate?

117. YS NO
Are you subject to attacks of influenza?

118. YS NO
Does your present employer or boss praise you for work which you do well?

119. YS NO
Would you like to feel self-conscious if you had to volunteer an idea to start a discussion among a group of people?

120. YS NO
Have you frequently been depressed because of the unkind things others have said about you?

121. YS NO
Are you or the members of your present household very easily irritated?

122. YS NO
Do you have colds?

123. YS NO
Are you easily frightened by lightning?

124. YS NO
Are you troubled with shyness?

125. YS NO
Did you enter your present job because you yourself really wanted to go into it?

126. YS NO
Have you ever had a major surgical operation?

127. YS NO
At home did your parents frequently object to the kind of companions you went around with?

128. YS NO
Do you find it easy to ask others for help?

129. YS NO
Do you get discouraged in your present work?

130. YS NO
Do things often go wrong for you from no fault of your own?

131. YS NO
Would you like very much from the place where you now live so that you might have more personal independence?

132. YS NO
When you want something from a person with whom you are not very well acquainted, would you prefer to write a note or letter to the individual than go and ask him or her personally?

133. YS NO
Have you ever been seriously injured in any kind of an accident?

134. YS NO
Do you dread the sight of a snake?

135. YS NO
Do you feel that your work is supervised by too many different bosses?

136. YS NO
Have you lost considerable weight recently?

137. YS NO
Does the lack of money tend to make your present home life unhappy?

138. YS NO
Would it be difficult for you to give an oral report before a group of people?

139. YS NO
Is your present job very monotonous?

140. YS NO
Are you easily moved to tears?

141. YS NO
Do you frequently feel very tired toward the end of the day?

142. YS NO
When you lived with your parents did either of them frequently criticize you unjustly?

143. YS NO
Does the thought of an earthquake or a fire frighten you?

144. YS NO
Do you feel embarrassed when you have to enter a public assembly by yourself after everybody else has been seated?

145. YS NO
Do you find that you have very little real interest in your present job?

146. YS NO
Do you sometimes have difficulty getting to sleep even when there are no noises to disturb you?

147. YS NO
Is there anyone at the place where you live now who insists on your obeying him or her regardless of whether or not the request is reasonable?

148. YS NO
Did you ever take the lead to enliven a dull party?

149. YS NO
Do you feel that your immediate superior or boss lacks sympathy and understanding in dealing with you as an employer?

150. YS NO
Do you often feel lonesome even when you are with people?

151. YS NO
As a youth did you ever have a strong desire to run away from home?

152. YS NO
Do you have many headaches?

153. YS NO
Have you ever felt that someone was hypnotizing you and making you act against your will?

154. YS NO
Do you often have much difficulty in thinking of an appropriate remark to make in a group conversation?

155. YS NO
Do you sometimes feel that your employer does not show real appreciation of your attempts to do your job in a superior manner?

156. YS NO
Have you ever had malaria fever?

157. YS NO
Do you sometimes feel that you have been a disappointment to your parents?

158. YS NO
Do you frequently have attacks of depression?

159. YS NO
Do you experience a fear of losing your present job?